



# COVID-19



## All you need to know about masks

### Protect yourself and others by wearing a face mask

It is recommended that South Africans should wear cloth face masks when in public and at work to prevent the spread of COVID-19.

### Why must I use a cloth face mask when going out in public?

A significant portion of individuals with COVID-19 do not have symptoms (“asymptomatic”) and those who develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity – for example speaking, coughing or sneezing – even if those people are not exhibiting symptoms.

### How to use a cloth face mask

- The inner side of your mask should not be touched by hands.
- The face mask must cover your nose and mouth completely.
- The face mask should not be lowered when speaking, coughing or sneezing.
- Do not touch your mask while wearing it.
- If you accidentally touch your mask, wash or sanitise your hands.
- Wash your hands after removing your face mask.
- Wash cloth face masks with warm soapy water and iron when dry.
- Each person will need to have at least two face masks so that one face mask is available when the other is being washed.

### Remember!

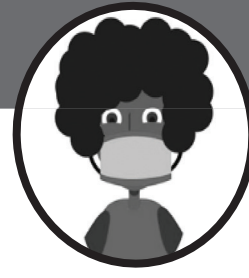
- **Avoid crowded places**
- **Keep your distance from others**
- **Regularly wash your hands with soap and water**
- **Practise good respiratory hygiene**
- **Avoid touching your eyes, nose or mouth with unwashed hands**



**We leave nobody behind!**



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## Konke okumele ukwazi ngezifonyo

### Zivikele futhi uvikele nababanye ngokugqoka isifonyo sobuso

Kuphakanyisiwe ukuthi bonke abantu baseNingizimu Afrika bagqoke izifonyo zobuso zendwangu uma besemphakathini noma emsebenzini ukugwema ukusabalala kwe-COVID-19.

### Kungani kumele ngigqoke isifonyo sobuso sendwangu uma ngiphumela ngaphandle emphakathini?

Ingxenyekhulu yabantu abahaqwe yi-COVID-19 abanazo izimpawu (“abakhombisi zimpawu”) futhi labo abakhombisa izimpawu (abaqala ngokubonisa izimpawu) bangadlulisela igciwane kwabanye ngaphambi kokukhombisa izimpawu. Lokhu kusho ukuthi igciwane lingasabalala phakathi kwabantu abasondelenayo – isibonelo ngokukhuluma, ukukhwehlela noma ukuthimula – ngisho noma labo bantu bengakhombisi izimpawu.

### Indlela yokusebenzisa isifonyo sobuso

- Ingaphakathi lesifonyo sakho akumele lintintwe ngezandla.
- Isifonyo sobuso kufanele simboze ikhala kanye nomlomo ngokuphelele.
- Isifonyo sobuso akufanele sehliwe lapho ukhuluma, ukhwehlela noma uthimula.
- Ungasithinti isifonyo sakho ngesikhathi usigqokile.
- Uma kwenzeka usithinta ngephutha, geza noma ubulale amagciwane ezandleni zakho.
- Geza izandla zakho ngemuva kokukhipha isifonyo sobuso.
- Washa isifonyo sobuso sendwangu ngamanzi anensipho afudumele bese usi-ayina uma sesomile.
- Umuntu ngamunye uzodinga okungenani ukuba nezifonyo ezimbili zobuso ukuze akwazi ukusebenzisa esinye isifonyo uma esinye sisawashiwe.

### Khumbula!

- **Gwema izindawo ezinabantu abaningi**
- **Shiya isikhala phakathi kwakho nabanye abantu**
- **Geza izandla zakho njalo ngensipho kanye namanzi**
- **Mboza umlomo wakho ngendololwane uma ukwehlela noma uthimula**
- **Gwema ukuthinta amehlo, ikhala kanye nomlombo wakho ngezandla ezingahlanzekile**



**Sihamba nawo wonke umuntu, asishiyi ngisho noyedwa ngemumva!**



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